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PLANNING THE HEALTH PROGRAM IN 4-H CLUBS

982735
I. Introductory Discussion Questions

What is your opinion about the following questions? Mark each with a Circle whether you Agree, Disagree, or are Uncertain.

1. If a person is not sick, you can be sure that he is healthy. A D U
2. Health includes mental condition as well as physical. A D U
3. Most club members are not interested in health and safety, because there is more money and glamor in the other 4-H activities. A D U
4. Mental health refers to one's I.Q. A D U
5. Keeping in good health involves community matters as well as personal habits. A D U
6. A healthy community is one with good health services and facilities. A D U
7. Various 4-H projects contribute to health; therefore, the Health "H" takes care of itself without further emphasis. A D U
8. 4-H should not deal much with health because this is the business of the physicians and other health agencies. A D U
9. When a 4-H project has health aspects, such as a nutrition or garden project, its health aspects should be stressed along with the regular subject matter of the project. A D U
10. Which of the following would you say are the most important in the process of a 4-H club planning its own health program? (Check 3)
 - a. Group discussion by the club led by one of the club members.....
 - b. Speech by a public health official or physician.....
 - c. Let the club health program be only what the members want to do individually in their projects and activities.....
 - d. Group discussion led by club health chairmen with help of agent or leader, and where facts about local health problems and the suggestions of local health resources are considered.....
 - e. Have a lot of health bulletins and studies at the meeting.....
 - f. Give plenty of time to reach some kind of definite decisions, using subcommittees and leader's help for later work if necessary..
 - g. Select things to do from a long list set up by agent or State.....
 - h. Vote to accept the health program as decided by the County Leaders Council.....

II. Other Main Ideas That May Be Considered

What Is Health? The World Health Organization (WHO) of the United Nations says that "health is the state of complete physical, mental and spiritual well being, not merely the absence of disease".

What Basic Factors Enter Into Health? _____

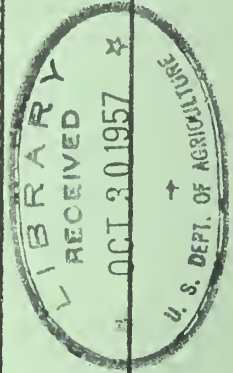
Do You Know What These Health Concepts Are? Personal health vs. family health vs. community health.
 Chronic illness vs. acute illness.
 Health resources vs. health information.

III. Outline For Making Our 4-H Club Health Program (or use revised guides)

Main health needs of this locality?

1. Personal _____ 2. Family _____ 3. Community _____

A. Ideas of things to do by club	B. Things we will do this year	C. Procedure Breakdown of jobs Who and When



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